

# EMPLOYEE ASSISTANCE PROGRAM

## Café Well Health and Wellness Tools

- **Have fun** while getting fit.
- **Get rewarded** for actions and activities
- **Self-direct** with tools and gaming
- **Talk openly** with health coaches
- **Get recommendations** through HRA
- **Feel secure** managing health in private environment
- **Engage** with peers, team-based activities, blogs



Health Risk Assessment (HRA) can be completed online by visiting:

[www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov)

By completing your HRA you will receive:

- ✓ An explanation of your important health risks.
- ✓ Recommended action steps for reducing your risks.
- ✓ Links to additional resources.



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1-866-EAP-4SOC (1866-327-4762)

TTY Users should call: 1-800-424-6117

Visit [www.eap.calhr.ca.gov](http://www.eap.calhr.ca.gov) or call today to learn more about EAP services.